

Superfoods That Fight Cancer

<http://GetLongevityNow.com>

As the nation's one of the most deadly diseases, cancer brings with it several risk factors. Therefore, it's logical that we take a good look at the foods we're eating, and start introducing nutrient-rich foods that are known to help reduce the cancer risk.

A diet rich in fiber, vegetables, and fruits, including juices made from 100 percent fruit juice, can make a big difference in your cancer risk. Foods rich in phytochemicals which are found in beans and cruciferous vegetables like broccoli, cauliflower, cabbage, brussels sprouts, and kale are strong choices. So are dark green leafy vegetables like spinach, romaine lettuce, and collard greens, which are packed with fiber, lutein, and carotenoids - all cancer-fighting substances.

Focus on choosing foods that have abundant amounts of vitamins C, E, and A, all antioxidants themselves. These help protect you from cancer by preventing the growth of free radicals in your body. Tomatoes are an awesome cancer-fighting superfood. Not only do tomatoes contain lycopene, the antioxidant phytochemical that also helps prevent heart disease, but they're a good source of vitamins A, C, and E, all which do battle against cancer-causing free radicals. Add them to your salad or use as a topping on your homemade pizza. They're also a great way of adding some zest to your favorite sandwich. Watermelon is also stuffed full of antioxidants, and includes about 80 percent of your daily vitamin C requirement. It is also a great source of vitamin A, or beta carotene. And like tomatoes, it also contains lycopene.

Cabbage is a cruciferous vegetable, which help reduce the risk of colon and rectal cancer. Plus cabbage is rich in fiber and has almost 50 percent of daily requirement of vitamin C, making it a well-rounded superfood with cancer-fighting power. Carrots are also a wonderful source of fiber and beta carotene, and they have about three times the daily requirement of vitamin A.

Did you know that one-quarter cup of kidney beans has the same amount of fiber and protein as two ounces of red meat? Whole wheat pasta is also a good source of fiber, and broccoli will tip the daily scales for your daily vitamin A and C needs. Toss them all together with your favorite low-fat Italian dressing for a simple dinner of cancer-fighting proportions.

Strawberries and blueberries are rich in vitamin C and fiber. They're quick and simple finger food, and easily be added to your favorite whole grain cereal oatmeal, or low-fat yogurt.

Find out more alternative strategies to fight cancer [here](#) or visit <http://getlongevitynow.com>